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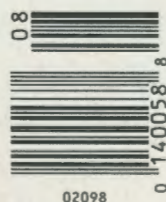
IT'S OUR BLOCKBUSTER, STAR-STUDED FINAL ISSUE OF THE YEAR!

ethos

Volume 44 • Issue 6

Iowa State University

April/May 1998



The Great CD
Rip-Off

What to eat if

you don't like hospital food.



Fresh vegetables and fruits, whole grains, low-fat dairy products, lean meat, poultry and fish. That's the kind of diet that may help keep you away from the cardiac intensive care unit. Exercise is another way to reduce your risk of heart disease and stroke. To learn more about how you can take charge of your health and spread the word, visit our Web site at www.women.amhrt.org or call us at 1-800-AHA-USA1.

American Heart
AssociationSM
Fighting Heart Disease
and Stroke



"Gerald turned to us and said, 'Hey, you guys better get attorneys because this will never go through. They're not telling the truth.'"

—JIM ROSBOROUGH, PAGE 13

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